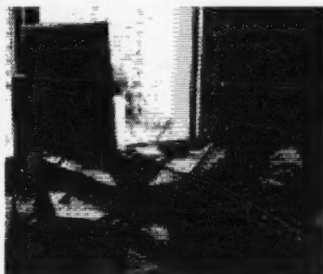


# MHR *Connections*

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Mindy Tucker is young, energetic and enjoys contacting her friends through social networking sites like facebook and Twitter. She is studying communications at the University of Winnipeg and worked for the

Commission over the summer. Her job was to find ways and means for the Commission to integrate social networking into its communications strategy. Mindy was so successful at her assignment, that not only will the Commission act on her report, she will be hired part time over the winter to ensure all goes well.

Mindy's online social networking of choice is Twitter. She tweets (short messages for those who haven't experienced Twitter) every day and she is sharing some of those tweets in the following article. For those who do not understand the language, remember that grammar and spelling as you know it, does not really exist. And "2" means "to" and "4" means "for" etcetera. The rest will fall into place. One more thing about Mindy; she has a physical disability. This affects her mobility and creates obstacles in some of the simplest everyday tasks.

## A day in the life of a person with a disability in tweets

By Mindy Tucker

"Walk a mile in my shoes" is just a phase. The actual act of stepping into someone else's life, even briefly, is supposed to give you insight into their experiences. Perhaps it does, but only for a moment. Afterwards, you comfortably slip back into your comfort zone or in this case, your comfy shoes.

For me, my shoes will always stay firmly moulded to my feet; no variation, no change. I like my shoes. They are different and cool and I wouldn't trade them for the world. Having said that, I wouldn't wish these shoes on just anybody. I have gotten a few blisters along the way. Enough said. I'm taking my shoes out of the closet and letting you take them for a spin for a day in my life. These tweets should be all you really need. Remember I need them back tomorrow!

*continued on page 2*

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The Rights Connection  
by Jerry Woods, Chairperson

### Now all Canadians have rights

On June 18, 2011, while most Canadians were dreaming about the impending summer, an important event in Canada's history quietly took place. According to a news release from the Canadian Human Rights Commission, for the first time in more than 30 years, First Nations and other Aboriginal people now have the same human rights protections as everyone else in Canada.

The exclusion of the Indian Act from the 1977 Canadian Human Rights Act under section 67 was intended to be temporary. However, attempts over the years to repeal that section were unsuccessful. This legislative gap was long viewed as a stain on Canada's human rights record and the Canadian Human Rights Commission had repeatedly called for repeal, as did the United Nations.

Bill C21 repealed Section 67 in 2008. While C-21 was immediately applicable to the federal government, Parliament gave First Nations governments three years to prepare to meet their new obligations under the Canadian Human Rights Act. As of June 18, 2011, that transition period ended, and over 7,000 people, primarily residents of First Nations communities, had the same rights as all other Canadians.

Under the Canadian Human Rights Act decisions about housing or about who can reside on land can now be challenged under human rights law. The Canadian Human Rights Act prohibits discrimination based on age, sex, race, family status and seven other grounds.

"The Canadian Government has taken an important step toward correcting this historic injustice," David Langtry, Acting Chief Commissioner of the Canadian Human Rights Commission said.

"The purpose of the Canadian Human Rights Act is to ensure equality of opportunity and freedom from discrimination for all people in Canada. The exclusion of people governed by the Indian Act from human rights law was discriminatory and contrary to democratic principles," he said.

I could not agree more.

## Morning:

*continued from page 1*

7:00 time 2 start the day & I'm not even up yet – still thinking through everything I have 2 do and I mean everything...

7:04 wiggle down 2 the right spot, sit up, pull 1 leg over, ok. Pull other leg over, find balance and stand.

7:09 I'm out of bed, my legs sore, have to get ready Handi will be coming at 8:37 and... I don't have time 4 this!

7:10 Make bed I won't leave without doing that - my room would B a mess

7:50 ok I'm dressed after one mishap I got my head stuck in my PJ's & had 2 strategically fall onto the bed 2 get them off

7:52 and no it's not as sexy as it sounds LOL ...Handi's here

8:27 where was I yes... I've thrown my comb and meds into my beg... the rest will be done in the car

8:40 Almost forgot about MEDS! I'd be useless without these...

8:40 What's sadder how I almost 4got meds I've taken 4 years or how good I get @ using a pill cutter in a moving car

9:00 I'm at work now actually on time... this almost never happens yey!

## Cafeteria Lunch

12:30 Lunch & Who will B my helper? Decisions Decisions some1 who can manage me + food without losing either – this is a task

12:35 I need some1 to carry stuff (Mindy + food+ walking = DISASTER) it's a whole balance, surface area thing.

12:37 Y I always end up the fool who crashes in2 some1 Y & never take advantage of this is a mystery... there's some1...

12:42 Nope didn't work... walk away... while trying 2 make falling into some1s arms look like a normal occurrence LOL

12:45 I hate cafs. Death traps Ppl + floors that only might B Mindy proof things everywhere hence my helper + its robbery!

## Evening

5:00 for the next 2 hours I am @ the mercy of my therapist (I mean I'm keeping myself healthy!)

5:30 after several different types of leg lifts sit up's and some un-godly position –I've taken a break

5:35 I'm off to see how long I can stand on one leg... not that I would ever need to

6:00 New record! 2 and a half min on one leg & 2 minutes 45 seconds on the other & I still hav both of 'um ! Go Me!

6:05 Now of for my walk around the block.

7:00 Back from my walk, my legs feel like jelly and yet in a week I'll do it all again...y...a...y

7:05 Call to Handi-Transit to get my pick up times for tomorrow –on hold 4ever! Bane of my existence I mean love ya Handi!

8:00 Going to see a movie with some friends – fun will be had tonight...

8:17 I may do things differently but I'm not a hero. I'm someone just like you

8:20 I go to school, I work, & I play this is my life different yet normal & now I'm going to the movies!

8:21 And tomorrow I'll get up and do it all again. What did you do today?

8:25 So what did you think did my shoes fit you? Tweet ya later tweeple...

## Dr. Samantha Nutt appointed to the Order of Canada



*Samantha Nutt, War Child Founder and Executive Director, has been appointed to the Order of*

*Canada, one of Canada's highest civilian honours. Dr. Nutt was appointed for her many years working in the world's worst conflict zones and focusing on providing assistance to war-affected women and children. Many former high school students who attended the Commission's 2008 "Our World, Your World, My World" Youth Conference in Winnipeg and Brandon will remember Dr. Nutt's enthusiastic and heartfelt presentation. War Child Canada is a registered Canadian charity dedicated to providing urgently needed humanitarian assistance to war-affected children around the world. War Child Canada helps generate awareness, support and advocacy for children's rights everywhere.*



## U of M's Karen Busby inducted into Hall of Fame

*Law professor Karen Busby was inducted into the Canadian lesbian, gay, bisexual, transgendered (LGBT) human rights hall of fame on July 30.*

*Dr. Busby is the director of the University of Manitoba's Centre for Human Rights Research initiative. She is being recognized for her advocacy over many years for the LGBT community. Busby researches law related to sexuality and violence, including human rights laws affecting lesbian, gay, bisexual and trans-identified people. She was an active participant in law reform efforts directed at recognition of same-sex relationships and has worked on challenges to laws on bawdy houses, indecency, age of consent, and gender identity.*